

DINNERLY



LOW CALORIE

FAST

Sweet & Sticky Cauliflower with Scallion-Edamame Rice

 30-40min  2 Servings

This is basically General Tso-style cauliflower. But the big twist is there is absolutely no frying involved! The good-for-you cauliflower is quickly battered and then oven roasted on an oiled baking sheet for a magical technique that offers up fried-crispiness texture with less mess. What would General Tso-style sauce be without a bed of rice (spiked with protein-rich edamame) to soak it up? W...

WHAT WE SEND

- Thai sweet chili sauce
- scallions
- cauliflower
- jasmine rice

WHAT YOU NEED

- all-purpose flour ¹
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- small saucepan

ALLERGENS

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640.0kcal, Fat 21.0g, Proteins 12.0g, Carbs 99.0g



1. Prep cauliflower & batter

Preheat oven to 450°F with a rack in the center position. Trim ends from **scallions**, then thinly slice. Cut **half of the cauliflower** into 1-inch florets (save rest for own use). In a large bowl, make batter by combining **¼ cup flour**, **¼ cup water**, **½ teaspoon salt**, and **a few grinds pepper**; whisk to combine.



4. Roast cauliflower

Generously **oil** a rimmed baking sheet with **2 tablespoons oil**. Add **cauliflower** to bowl with **batter** and toss to coat. Transfer cauliflower to prepared baking sheet and spread into a single layer. Roast on center rack until browned and crispy, flipping cauliflower halfway through, about 20 minutes.



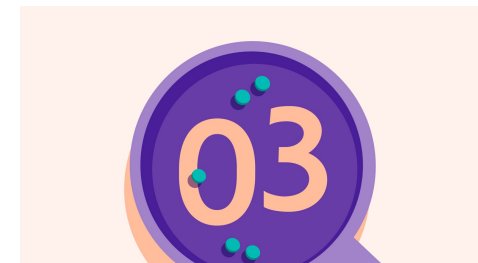
2. Toast rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **half of the scallions**, and cook, stirring, until rice is toasted, about 2 minutes.



5. Finish & serve

Meanwhile, in a large bowl, combine **Thai sweet chili sauce** and **tamari**. Transfer **roasted cauliflower** to bowl with chili sauce mixture and toss to coat. Fluff **rice** with a fork. Serve **rice** topped with **cauliflower** and **remaining scallions**. Enjoy!



3. Cook rice & add edamame

To **rice**, add **¼ teaspoon salt** and **1¼ cups water** and bring to a boil. Reduce heat to low, cover, and cook until almost tender, about 12 minutes. Place **edamame** on top, cover, and continue to cook until rice is tender and edamame is cooked, about 5 minutes. Keep covered until ready to serve.



6. Crunch, crunch!

Top off this sweet and tangy dish with toasted sesame seeds or chopped peanuts.